

ACNE - Acne

ACNE-C COMPLICATIONS

OUTCOME: The patient/family will understand the common and important complications of acne.

STANDARDS:

1. Explain that uncontrolled acne may result in scarring.
2. Discuss that picking at acne lesions will increase the risk of skin infections and scars.
3. Explain that the following characteristics are common in persons with acne (especially severe acne):
 - a. Low self esteem
 - b. Social withdrawal
 - c. Reduced self-confidence
 - d. Poor body image
 - e. Embarrassment
 - f. Depression
 - g. Anger
 - h. Preoccupation with body image
 - i. Frustration
 - j. Higher rates of unemployment than persons without acne

ACNE-DP DISEASE PROCESS

OUTCOME: The patient/family will understand the basics of acne.

STANDARDS:

1. Explain that there are three major components that lead to acne:
 - a. Sebum (dead skin cells, hair, etc.)
 - b. Bacteria
 - c. Increased oil production as a result of testosterone
2. Explain that the above factors combine to plug the pore and result in acne.

3. Explain that acne is common in adolescence due to increased levels of hormones but may occur in adults as well and may be related to hormonal influences such as the menstrual cycle, childbirth, menopause or stopping hormone therapies such as birth control pills.
4. Explain that the lesions of acne can range in severity from open and closed comedones (blackheads and whiteheads) to pustules and nodules. Discuss that the most common distribution of acne is the face, neck, chest, back, shoulders, and upper arms.
5. Discuss that some people are more prone to develop acne because of hereditary factors.
6. Explain that the role of stress of acne is not elucidated.

ACNE-FU FOLLOW UP

OUTCOME: The patient/family/caregiver will understand the importance of fully participating in treatment regimen and to maintain activities to follow up with outside referral sources.

STANDARDS:

1. Emphasize the importance of obtaining referrals for contract health services when appropriate.
2. Explain that test(s) required by private outside providers need coordination with Indian health physicians.
3. Discuss the process for making follow up appointments with internal and external providers.
4. Discuss individual responsibility for seeking and obtaining third party resources.
5. Discuss the importance of keeping follow-up appointments and how this may affect outcome.

ACNE-HY HYGIENE

OUTCOME: The patient/family will understand hygiene and how it relates to acne.

STANDARDS:

1. Explain that acne is not caused by poor hygiene.
2. Discuss that harsh or frequent washing of the skin can make acne worse. Explain that the best way to wash acne prone areas is gentle washing with a mild soap followed by patting to dry the skin.

3. Discuss that cosmetics may worsen acne. If cosmetics are to be worn, they should be non-acneogenic and not applied heavily. Cosmetics should be removed nightly with a gentle cleanser and water.
4. Explain that hairsprays and gels can make acne worse and the face should be shielded from these products.
5. Discuss that shaving lightly after thoroughly softening the beard with soap and water before applying shaving cream will decrease the likelihood of nicking blemishes.
6. Explain that acne lesions should not be picked at.

ACNE-L LITERATURE

OUTCOME: The patient/family will receive literature about acne.

STANDARDS:

1. Provide the patient/family with literature on acne.
2. Discuss the content of the literature.

ACNE-M MEDICATIONS

OUTCOME: The patient/family will understand the use of medication in the treatment of acne.

STANDARDS:

1. Discuss that acne treatments may be topical, oral, or a combination of the two.
2. Explain that many medications may take several weeks to work and often make acne worse before getting better.
3. Discuss the risks and benefits of different therapies available.
4. Explain medication name, actions, directions for use, proper storage, and food/drug and drug/drug interactions.
5. Discuss common and important side effects, home management, and side effects that should prompt follow-up.
6. Explain, as appropriate, the need for registration for isotretinoin therapy, lab tests, pregnancy tests, warnings for suicidal behavior, and birth control as appropriate.

ACNE-N NUTRITION

OUTCOME: The patient/family will understand the role of diet in acne.

STANDARDS:

1. Explain that no food has been linked with worsening acne.
2. Discuss and dispel common myths related to diet and acne, such as chocolate, french fries, and pizza causing acne.

ACNE-TX TREATMENT

OUTCOME: The patient/family will understand the treatment plan and treatment goals.

STANDARDS:

1. Explain that mild acne will usually go away on its own after a few years.
2. Discuss that treatment of acne is an ongoing process and that all acne treatments work by preventing new breakouts.
3. Explain that existing lesions heal on their own and not as a result of the acne treatment.